



GRACIE COMBATIVES®

The Best of Gracie Jiu-Jitsu



Gracie Combatives	
23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount Leg Hook Takedown
2	Americana Armlock – Mount Clinch (Aggressive Opponent)
3	Positional Control – Mount Body Fold Takedown
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)
6	Straight Armlock – Mount Guillotine Defense
7	Triangle – Guard Haymaker Punch Defense
8	Elevator Sweep – Guard Rear takedown
9	Elbow Escape – Mount Pull Guard
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters – Mount Standing Headlock Defense
12	Headlock Escape 1 – Side Mount Standing Armlock
13	Straight Armlock – Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape – Side Mount Body Fold Takedown
17	Kimura – Guard Leg Hook Takedown
18	Punch Block Series (5) – Guard Haymaker Punch Defense
19	Hook Sweep – Guard Guillotine Defense
20	Take the Back – Guard Standing Headlock Defense
21	Elbow Escape – Side Mount Pull Guard
22	Twisting Arm Control – Mount Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)

October 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 30	1	2	3	4	5
Class 16 – 10:45am Class 2 – 7 pm	Class 17 – 10:45am Class 3 – 7 pm	Class 18 – 10:45am Class 4 – 7 pm *Bring a Friend	Class 19 – 10:45am Class 5 – 7 pm	Class 20 – 10:45am	Class 6 – 1:45 pm *Bring a Friend
7	8	9	10	11	12
Class 21 – 10:45am Class 7 – 7 pm	Class 22 – 10:45am Class 8 – 7 pm	Class 23 – 10:45am Class 9 – 7 pm *Bring a Friend	Class 1 – 10:45 am Class 10 – 7 pm	Class 2 – 10:45am	Class 11 – 1:45 pm *Bring a Friend
14	15	16	17	18	19
Class 3 – 10:45am Class 12 – 7 pm	Class 4 – 10:45am Class 13 – 7 pm	Class 5 – 10:45am Class 14 – 7 pm *Bring a Friend	Class 6 – 10:45am Class 15 – 7 pm	Class 7 – 10:45am	Ryron Gracie Seminar No Classes
21	22	23	24	25	26
Class 8 – 10:45am Class 16 – 7 pm	Class 9 – 10:45am Class 17 – 7 pm	Class 10 – 10:45am Class 18 – 7 pm *Bring a Friend	Class 11 – 10:45am Class 19 – 7 pm	Class 12 – 10:45am	Class 20 – 1:45pm *Bring a Friend
28	29	30	31	Nov 1	Nov 2
Class 13 – 10:45am Class 21 – 7 pm	Class 14 – 10:45am Class 22 – 7 pm	Class 15 – 10:45am Class 23 – 7 pm *Bring a Friend	Class 16 – 10:45am Class 1 – 7 pm	Class 17 – 10:45am	Class 2 – 1:45 pm *Bring a Friend

Gracie Combatives®

Although there are over 600 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. These 36 techniques were divided into 23 different classes (left) to make up the Gracie Combatives Course. All 23 classes can be completed in any order.

Reflex Development Class

A "Combatives Card" will be used to track your progress through the course and once you attend each lesson two times, you qualify to participate in the Reflex Development Classes where you will learn to execute all variations of the 36 techniques in every possible combination.

***Bring a friend** for a free class, a GI will be provided so they can check out a class with someone they know and maybe start the 10 day free trial program. Paying students that bring a friend to try a class will receive a free T-shirt (not all tee shirts are applicable, see front desk for details).

School Guidelines:

1. Follow the Golden Rule
2. Always wear a clean uniform
3. Help new students
4. Help keep school clean

Web: www.GJJFtWayne.com **Address:** 5421 Keystone Dr., Ft. Wayne, IN. 46825 **Phone:** 260-444-2155